



Getting Started on Your Personal Statement

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Before You Begin

Determine whether the application is requesting a *Personal Statement* OR a *Statement of Purpose*. Both of these documents need to convey your individuality and motivation for the profession; a Statement of Purpose will be more limited in the scope of stories you can include (omit stories from your childhood.)

Before you actually get started on your statement, take some time to reflect in writing on your aspirations and qualifications. Here are some writing prompts to help you get started.

What do I know about the profession?

1. Write a detailed response to each of the following:
 - a. List the qualities you think this specific healthcare provider (physician, nurse, etc.) should have.
 - b. Describe the providers you have known and how they exhibit these qualities.
 - c. Tell the story of 3 or more incidents that show that you have these necessary qualities. Be as specific as possible.
2. What areas of this profession are you interested in and why (specialty, population of interest, age group)?
3. Describe what you know about the hardships of the training program and clinical practice? Write 2-3 paragraphs.
4. In a paragraph, explain why you want to be this type of practitioner (PA, dentist, etc.).

What are my personal strengths, skills & characteristics?

5. List qualities you have that would make you a good fit with your desired profession. Then write about times when you have exhibited these qualities.
6. What have you done that you are most proud of? Explain.
7. What are your academic or intellectual interests? Develop and explain.

What are my experiences?

8. Write about 3 events or times in your life that have prepared you for a career in your chosen health profession.
9. What campus activities have helped prepare you for a career in health professions?
10. What contributions do you plan to make to your community? In what ways have you made contributions already?

What other information/identities can I share?

11. What contributions do you plan to make to your community? In what ways have you made contributions already?
12. What do you do for fun? For stress release/mental health?
13. Are you involved in an activity that requires a significant commitment? *Some examples: athletics, music performance, theater, etc.*